



Grilled Green Apple and Gruyere Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper black
- ☐ 8 slices roman meal bread
- ☐ 8 teaspoons butter softened
- ☐ 1 apples i use 2 granny smith apples cored thinly sliced quartered
- ☐ 1.5 cups gruyère cheese grated
- ☐ 4 tablespoons honey
- ☐ 1 pinch salt

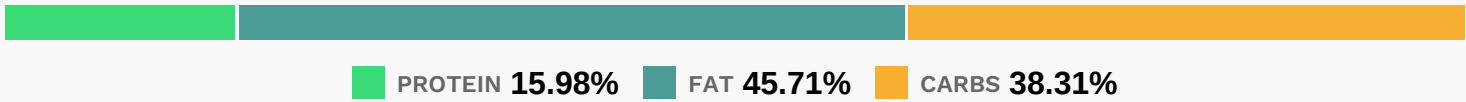
Equipment

☐ frying pan

Directions

- ☐ Preheat large heavy skillet over medium heat.
- ☐ Spread 1 side of each slice of bread with 1 teaspoon butter.
- ☐ Place 4 slices bread, butter side down, into skillet.
- ☐ Layer apple slices, cheese and honey evenly onto bread in skillet.
- ☐ Sprinkle with salt and pepper. Top with remaining bread, butter side up, creating 4 sandwiches.
- ☐ Cook 3 to 4 minutes or until the bottom slices of bread are golden brown. Carefully flip each sandwich. Cook an additional 2 to 3 minutes or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:56.23, Glycemic Load:24.98, Inflammation Score:-6, Nutrition Score:15.325652319452%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 517.14kcal (25.86%), Fat: 26.71g (41.1%), Saturated Fat: 14.9g (93.12%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 47g (17.09%), Sugar: 25.37g (28.18%), Cholesterol: 75.95mg (25.32%), Sodium: 693.6mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.02%), Calcium: 576.46mg (57.65%), Phosphorus: 380mg (38%), Manganese: 0.71mg (35.59%), Selenium: 23.57µg (33.68%), Vitamin B1: 0.27mg (17.87%), Vitamin B2: 0.3mg (17.79%), Zinc: 2.59mg (17.24%), Vitamin B3: 3.25mg (16.27%), Vitamin A: 744.99IU (14.9%), Folate: 54.64µg (13.66%), Fiber: 3.38g (13.52%), Vitamin B12: 0.81µg (13.48%), Iron: 2.25mg (12.49%), Magnesium: 43.72mg (10.93%), Vitamin B5: 0.79mg (7.91%), Vitamin B6: 0.13mg (6.32%), Copper: 0.12mg (5.95%),

Vitamin K: 5.82µg (5.55%), Potassium: 181.39mg (5.18%), Vitamin E: 0.56mg (3.73%), Vitamin C: 2.31mg (2.8%),
Vitamin D: 0.3µg (1.98%)